



Diabetes E D U C A T I O N U P D A T E

9 a m — N o o n
S a t u r d a y , M a r c h 6

Leon Jons, MD

Saline Medical Specialties

“Weighing in to Improve Your Diabetes”

- How body weight affects diabetes
- Practical advice on how to control weight to prevent or improve diabetes

Pam Robertson RN, BSN

Certified Cardiac/Vascular Nurse

Cardiac & Pulmonary Rehab Coordinator

“Reducing Your Risk for Heart Disease”

- To recognize the risk factors for heart disease and how to reduce the risk
- To recognize the signs and symptoms of angina and/or a heart attack

The entire morning is **FREE**, plus you'll have an opportunity to talk with representatives about diabetes supplies.

Bring a friend or family member.

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To register for this class,
call Saint Elizabeth at **402.219.7000**

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